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Tuesday



DARRON CUMMINGS/AP

A woman in Indianapolis gets the swine flu vaccine.

First Shots: Vaccinations against swine flu begin | **6**

President Blair? EU may tap ex-British PM for post | **12**



Pole Play:
Tone up your body with the sexiest sport | **FIT**

lookout

Family Ties:

Rosanne Cash salutes her father with 'The List.' Plus, new Mountain Goats music.

>> **28-35**



Dalai Lama in D.C. Amid White House Flap



MARVIN JOSEPH/TWP

WELCOMED GUEST: The Dalai Lama greets spectators outside the Park Hyatt in Georgetown on Monday. The White House postponed a meeting with Tibet's spiritual leader in an apparent nod to China. It's the first time since 1991 that the Dalai Lama will not visit the White House while in Washington.

Afghanistan Pullout Ruled Out

Gates urges patience, privacy as Obama mulls war options

WASHINGTON | President Obama won't walk away from the flagging war in Afghanistan, the White House declared Monday as Obama faced tough decisions — and intense administration debate — over choices that could help define his presidency in his first year as commander in chief.

The fierce Taliban attack that killed eight American soldiers over the weekend added to the pressure. The assault overwhelmed a

remote U.S. outpost where American forces have been stretched thin, underscoring an appeal from Obama's top Afghanistan commander for as many as 40,000 additional forces — and at the same time reminding the nation of the costs of war.

Obama's defense secretary, Robert Gates, appealed for calm — and for time for the president to come to a decision. "It is important that we take our time to do all we can to

get this right," Gates said. "In this process, it is imperative that all of us taking part in these deliberations — civilians and military alike — provide our best advice to the president candidly but privately."

Obama may take weeks to decide whether to add more troops, but the idea of pulling out isn't on the table as a way to deal with a war nearing its ninth year, White House press secretary Robert Gibbs said. "I don't think we have the option to leave. That's quite clear," Gibbs said. (AP)



DO YOU TRUST PRESIDENT OBAMA TO DO THE RIGHT THING ON AFGHANISTAN? **A** YES **B** NO

VOTE AT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 32



TUESDAY
71 | 58



WEDNESDAY
72 | 51

eyeopeners

PREEMPTIVE

'Take the Money And Run — Please'

Police said clerks at a Waterloo, Iowa, convenience store that was robbed twice in recent months threw money at a man in a case of a mistaken robbery. The clerks thought they were being robbed last Thursday when they were confronted by a man with his hand in his pocket. Police said the clerks put money in a bag and threw it the man, who left it alone and walked out of the store. (AP)



HMMM

There's a Message Here About Guns

An Groveport, Ohio, man is recovering from a week in which he was beaten during a home invasion and then shot while trying to learn about guns. Ralph Needs, 80, was pistol-whipped when intruders broke into his home Sept. 20. Four days later, Needs was shot in the hand during a self-defense lesson. A 9 mm pistol went off as one of his sons was loading it. (AP)



STUNTS

Going Nowhere Fast

It was like a race with very little drama, speed or chance of injury: About 500 people pedaled together on Sunday in Cali, Colombia, to break the world record for the most people spinning at the same time. The previous record was 412 people. (EXPRESS)



MARRIAGE

To Haunt And to Hold

A Columbia Station, Ohio, couple have vowed to love each other at a Halloween-themed wedding. Jack Holsinger, 61, and Connie Spitznagel, 44, both dressed up as vampires for their Saturday night ceremony at a haunted house. Holsinger arrived in a coffin inside a hearse, and the coffin was carried to the altar by six pallbearers. The minister was costumed as Jason from the "Friday the 13th" movies. After the vows were exchanged, he ordered Holsinger to bite the bride's neck. (AP)

ART

"All art must be priced, and the price paid by victims of war is astronomical. So, my price tag should reflect this."

— VAN THANH RUDD, AN AUSTRALIAN ARTIST WHO IS SELLING HIS WORK "USED CAR PART FROM AFGHANISTAN" FOR \$1.2 BILLION. IT CONTAINS A PIECE OF A CIVILIAN CAR DESTROYED BY A MISSILE.



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Drug May Block High Of Cocaine

Experimental vaccine may eventually help users kick the habit

CHICAGO | Vaccine-like shots to keep cocaine abusers from getting high also helped them fight

38

The percentage of patients in the study who developed antibodies high enough to block the effects of cocaine.

their addiction in the first successful rigorous study of this approach to treating illicit drug use

The shots didn't work perfectly, but the researchers say their limited suc-

cess is promising

enough to suggest the intriguing vaccine approach could be used within several years.

"It is such an important study. It clearly demonstrates ... that it is possible to generate vaccine that could interfere with cocaine actions in the brain," said Dr. Nora Volkow, director of the National Institute on Drug Abuse.

The results come just days after that agency announced plans for the first late-stage study of a nicotine vaccine designed to help people quit smoking. LINDSEY TANNER (AP)

Obama to Government: Go Green

President orders all agencies to set goals for cutting emissions

WASHINGTON | President Obama is putting the federal government on a greenhouse-gas diet.

In an executive order signed Monday, Obama directed all agencies to set the first-ever targets for reducing climate-altering pollution from government buildings, fleets and federal workers' commutes.

The agencies will have 90 days to tell the White House how much they plan to measure and reduce greenhouse gases from buildings and vehicles by 2020. Targets for employees' commutes and travel will be due June 2010.

"As the largest consumer of energy in the U.S. economy, the federal government can and should lead by example when it comes to creating innovative ways to reduce greenhouse gas emissions," Obama said in a statement.

The order also compels agencies to curb petroleum use, conserve water and curtail waste — extend-



President Obama signed an executive order Monday directing all federal agencies to set goals for reducing greenhouse-gas emissions from buildings and vehicles.

“The federal government ... should lead by example when it comes to creating innovative ways to reduce greenhouse-gas emissions.”

—PRESIDENT OBAMA

ing and expanding on an executive order issued by President George W. Bush in January 2007 that

became law earlier this year.

Bush's order, unlike Obama's, did not require agencies to set

BIG GOVERNMENT

The White House says the cuts in greenhouse-gas emissions will save taxpayers money by reducing costs.

500,000

buildings the government operates

600,000

cars it owns and operates

\$500 billion

goods and services it pays for yearly

emissions targets.

The government mandate is also a way for the White House to show much-needed progress toward reducing greenhouse gases before more than 180 nations meet in Copenhagen, Denmark, in December to hammer out a new international treaty to slow global warming.

It was unclear how deep the targets would be for the federal government or how much of a dent it would make in total U.S. greenhouse-gas emissions.

DINA CAPPIELLO (AP)



ART Michelangelo Crosses Over A marble statue widely attributed to Michelangelo is being loaned to New York City's Metropolitan Museum of Art by the French government. The statue, known as "Young Archer," won't be traveling far for the exhibit; it's simply crossing Fifth Avenue from the cultural services office of the French Embassy. The statue is a bust of a young boy and was first acknowledged as an early work of Michelangelo's in 1997. The museum and embassy say it will go on display next month. (AP)

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Nation



Elizabeth Blackburn, right, is toasted on Monday in San Francisco. Blackburn was awarded a Nobel Prize in medicine Monday.

U.S. Scientists Win Nobel

Researchers' work on cell aging may lead to cancer treatments

NEW YORK | Three Americans won the Nobel Prize in medicine on Monday for discovering how chromosomes protect themselves as cells divide, work that has inspired experimental cancer therapies and may offer insights into aging.

The research by Elizabeth H. Blackburn, Carol W. Greider and Jack W. Szostak revealed the workings of chromosome features called telomeres, which play an important role in the aging of cells. It's the first time two women have shared in a single Nobel science prize.

Blackburn, 60, is a professor of

“It’s really very thrilling [to win a Nobel Prize]; it’s something you can’t expect.”

—CAROL W. GREIDER
JOHN HOPKINS UNIVERSITY

biology and physiology at the University of California, San Francisco. Greider, 48, is a professor in the department of molecular biology and genetics at Johns Hopkins University School of Medicine. Szostak, 56, is a professor of genetics at Harvard Medical School.

Their work, done in the 1970s and '80s, showed how features at the tips of chromosomes, telomeres,

can keep them from getting progressively shorter as cells divide. It's been compared to the way tips on the ends of shoelaces keep the laces from fraying.

Blackburn and Greider discovered an enzyme, telomerase, that maintains the lengths of the telomeres. Later research showed that telomerase is switched on in almost all cancers.

Greider said she was telephoned just before 5 a.m. with the news that she had won the prize.

“It’s really very thrilling; it’s something you can’t expect,” she said.

The winners of the Nobel Prizes in physics, chemistry and literature, and the Nobel Peace Prize will be announced later this week.

MALCOLM RITTER (AP)



PUBLISHING Here Gourmet, Gone Tomorrow Gourmet, the nation's oldest food magazine, is being closed by Conde Nast Publications, the struggling magazine publisher announced on Monday. The publisher is also closing Modern Bride, Elegant Bride and Cookie, a parenting magazine. Gourmet, launched in 1941, is revered by many culinary aficionados. (AP)

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DURING COLUMBUS DAY WEEKEND, TRACKWORK WILL REQUIRE MAJOR CHANGES TO METRO SERVICE:

The Green Line WILL BE CLOSED between Navy Yard and Gallery Pl-Chinatown stations.

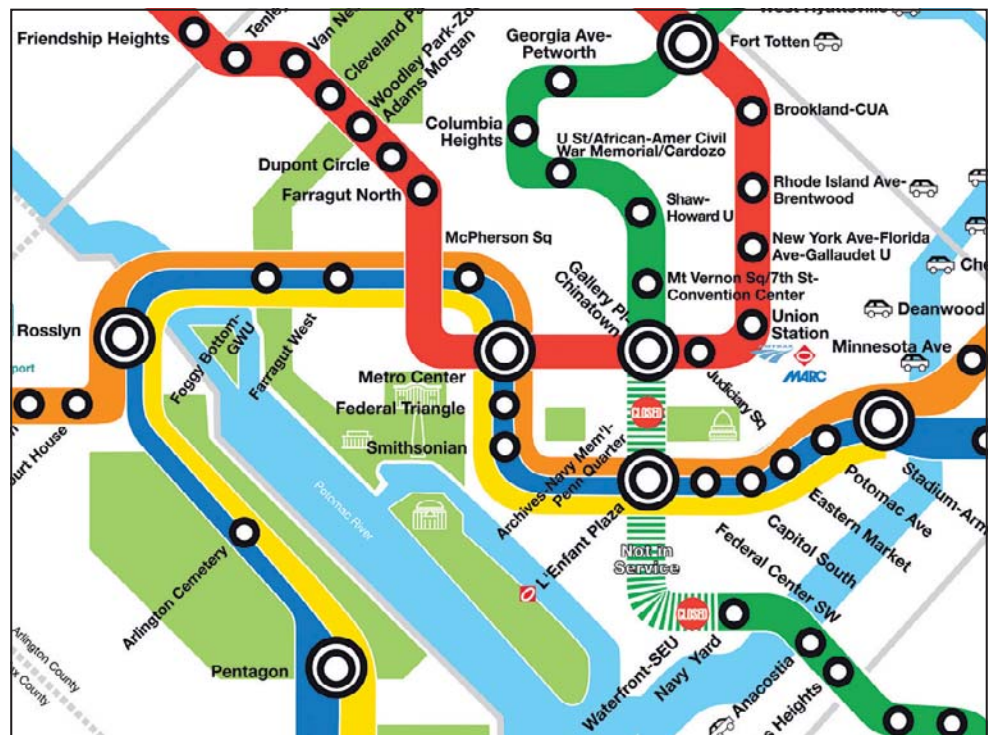
Waterfront-SEU station and Archives-Navy Mem'l-Penn Quarter station WILL BE CLOSED.

A portion of the Yellow Line WILL BE REROUTED.

Trains will follow the Blue Line route between Pentagon and Stadium-Armory stations.

Metro will perform important track maintenance over the Columbus Day weekend beginning Friday, October 9, at 10:30 p.m. through Monday, October 12. Normal Metrorail service will resume Tuesday, October 13 at 5 a.m.

- The Green Line will be closed between Navy Yard and Gallery Pl-Chinatown stations. Waterfront-SEU and Archives-Navy Mem'l-Penn Quarter stations will also be closed and there will be no Green Line service at L'Enfant Plaza station.
- Metro will run three free shuttle buses between Gallery Pl-Chinatown station and:
 1. Navy Yard station with stops at Archives-Navy Mem'l, L'Enfant Plaza and Waterfront stations.
 2. Navy Yard station with NO stops in between.
 3. Anacostia station with NO stops in between.
- In addition to this track maintenance work, Metro will reroute the Yellow Line from the Pentagon into D.C. Instead of crossing the bridge over the Potomac River, it will take the Blue Line route via Rosslyn and end at Stadium-Armory station. This will allow work crews to perform track maintenance and an annual safety inspection on the bridge.



This weekend, please remember that many downtown stations are close to other stations. Instead of waiting for a shuttle bus, look at the map and see if walking to a nearby station would be a better way to go.

Thank you for your patience and understanding as Metro crews perform this important maintenance. For more information, visit our Web site at MetroOpensDoors.com.



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Nation



DARRON CUMMINGS/AP

Health care workers receive the swine flu vaccine Monday at Wishard Memorial Hospital in Indianapolis. The group is among the first in the U.S. to receive the vaccine.

H1N1 Vaccinations Begin in Ind., Tenn.

Unprecedented effort launched to inoculate the U.S. population

Doctors, nurses and other health care workers in Indiana and Tennessee were among the first Americans to receive doses of swine flu vaccine Monday as the federal government launched the most ambitious vaccination campaign in U.S. history.

Health care providers and emergency workers at Wishard Health Services and other hospitals in Indianapolis and at the Le Bonheur Children's Medical Center in Memphis received the Flu Mist nasal spray vaccine Monday.

The vaccinations mark the

beginning of a nationwide campaign to inoculate at least half the U.S. population — and perhaps the entire country — against the new H1N1 virus that has caused the first influenza pandemic in 41 years.

The federal government has spent \$2 billion to purchase about 250 million doses of vaccine and has pledged to buy enough to immunize every American if there is enough demand.

Being given top priority for the vaccine are those caring for babies younger than 6 months; health care workers; pregnant women; adults with health problems such as obesity, asthma and diabetes; and everyone 6 months to 24 years old.

ROB STEIN (THE WASHINGTON POST)

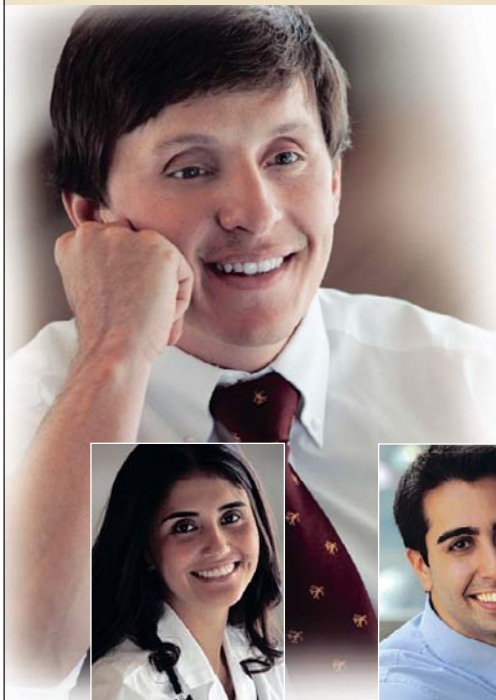
Fla. Woman 'Filleted' by Raccoons

LAKELAND, FLA. | A 74-year-old who was "filleted" by raccoons when she tried to shoo them away from her central Florida home was hospitalized for more than two days, authorities said Monday.

Gretchen Whitted was in stable condition Monday, two days after she saw a family of raccoons near

her back patio. She said she tried to wave the animals away; a few minutes later, she spotted them at her front door and tried to run them off again. Then they attacked.

"We're not talking about a lot of little bites here," Polk County Sheriff Grady Judd said. "She was filleted." (AP)



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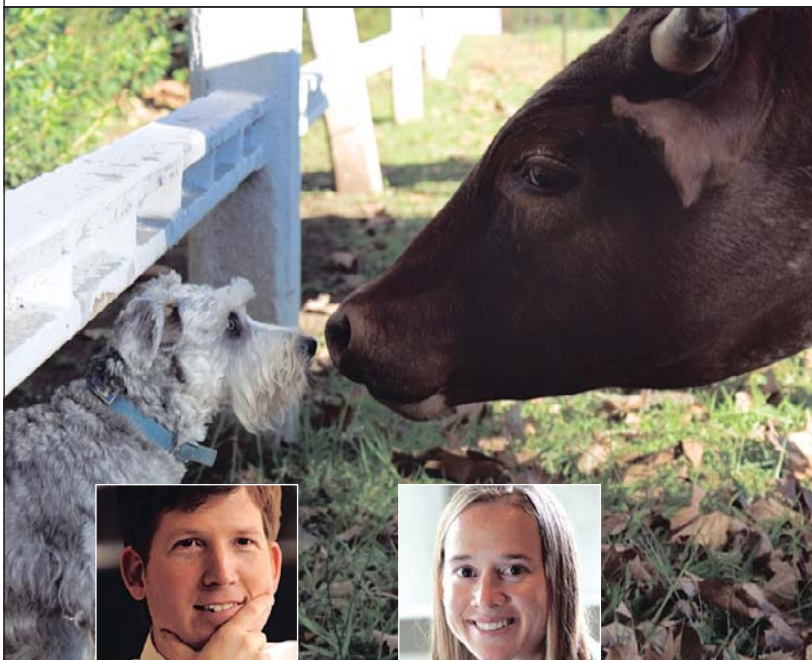
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An Afghan election worker carries a box of suspicious ballots on Monday. MUSADEQ SADEQ/AP

Afghans Begin Vote Recount

13 percent of polling stations considered potentially fraudulent

KABUL | Afghanistan edged closer to a long-awaited resolution to August's presidential vote Monday as election workers started recounting suspect ballots and an official said a ruling on whether President Hamid Karzai won or will face a runoff is expected next week.

The Aug. 20 election was hampered by violence and allegations of vote-rigging that have since plunged the country into an electoral crisis while Taliban militants are expanding from their southern strongholds into the north and west.

Preliminary results released last month showed Karzai won the voting with 54.6 percent, enough to avoid a runoff with second-place finisher Abdullah Abdullah, his former foreign minister. But the recount and audit ordered by a U.N.-backed fraud panel could cut Karzai's votes below the 50 percent needed to win outright.

About 13 percent of the country's approximately 26,300 polling stations are considered questionable by the fraud panel because they had more than 100 percent turnout or more than 95 percent of votes for one candidate.

A sampling of 358 ballot boxes is being examined as a way to speed the investigative process. (AP)

Pakistan Suicide Blast Kills Five

Bomber disguised as guard attacks U.N. food agency's office

ISLAMABAD | A suicide bomber who killed five staffers at the U.N. food agency's headquarters in Pakistan on Monday was dressed as a security officer and allowed to enter the heavily guarded building after he asked to use the bathroom.

The United Nations announced it was temporarily closing all its offices in Pakistan after the noon-time bombing, which blew out windows and left victims lying in pools of blood in the lobby of the World Food Program compound.

"This is a heinous crime committed against those who have



A United Nations employee, left, sits outside his office after a suicide bomber killed five staff members inside the building on Monday in Islamabad, Pakistan. FAROOQ NAEM/AP/GETTY IMAGES

been working tirelessly to assist the poor and vulnerable on the front lines of hunger and other human suffering in Pakistan," U.N. Secretary-General Ban Ki-moon said in Geneva.

Despite the office closures, the U.N. said its Pakistani partner organizations would continue distributing food, medicine and other humanitarian assistance. The world body said it would reassess the situation during the next several days.

Pakistani authorities launched an investigation into the major security lapse, saying they would question guards who failed to stop the bomber from carrying out the first suicide attack in Islamabad in four months. CHRIS BRUMMITT (AP)

BRUSSELS | FARM-FRESH OUTRAGE



CHAOS OVER SPILLED MILK: A farmer sprays milk from a cow on police during a protest at the European Union headquarters in Brussels, Belgium, Monday. Farmers drove hundreds of tractors and the cow to Brussels to rally against falling milk prices. The farmers' top demand — limiting production through quotas to drive up prices — met with no success. GEORGES GOBET/AP/GETTY IMAGES

Popular German Magazine Bans Rail-Thin Models

BERLIN | Germany's most popular women's magazine announced Monday that it is banning professional models from its pages in favor of "real women" in an attempt to combat an unhealthy standard of rail-thin beauty that it says has isolated its readers.

The editor in chief of Germany's bimonthly Brigitte told reporters that, starting next year, the magazine will feature a mix of prominent women and regular readers in photo spreads for everything from beauty to fashion to fitness.

Andreas Lebert said the move is a response to readers increasingly saying that they are tired of seeing "protruding bones" from models who weigh far less than the average woman. (AP)

RELIGION Shrouded in Controversy Scientists have reproduced the Shroud of Turin — revered as the cloth that covered Jesus in the tomb — and say the experiment proves the relic was man-made, a group of Italian debunkers claimed Monday. The shroud bears the figure of a crucified man, and believers say Christ's image was recorded on the linen fibers at the time of his resurrection. Scientists reproduced the shroud using 14th-century materials and methods. The group said it was evidence the shroud was a piece of medieval forgery. (AP)

[The Finalists]



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Honduras Lifts Emergency Order

Interim government pledges to restore civil liberties after crisis

TEGUCIGALPA, HONDURAS | The interim Honduran government on Monday revoked an emergency decree that prohibited large street protests and limited other civil liberties after the return of ousted Honduran President Manuel Zelaya.

The decree, which resulted in dozens of arrests and the closing of two pro-Zelaya media outlets, "has been completely revoked," Interim President Roberto Micheletti said at a news conference with U.S. Rep.



A supporter of ousted Honduran President Manuel Zelaya shouts at police at a protest in Tegucigalpa on Monday. The interim government lifted an emergency decree.

Ileana Ros-Lehtinen, R-Fla.

Micheletti did not say whether the lifting of the decree would take effect immediately. He had said in

The main effect of the emergency decree was to close down the two main pro-Zelaya media outlets.

a morning TV interview it would be formally repealed on Tuesday.

Honduras' interim leaders issued the emergency order Sept. 27 in response to "calls for

insurrection" by Zelaya as the ousted president sought refuge in the Brazilian Embassy after sneaking back into the country. He remains holed up in the embassy with dozens of supporters amid international diplomatic efforts to end the crisis.

The decree empowered police and soldiers to break up public meetings, arrest people without warrants and restrict the news media, with armed troops stationed throughout the capital to enforce the order.

It drew criticism even from judges and congressional leaders who have backed Zelaya's ouster. Many complained it would disrupt campaigning for the November presidential election they hope will resolve the country's crisis.

BEN FOX (AP)

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Blair Is Eyed for Top EU Position

Former British PM could be appointed European president

LONDON | President Tony Blair? Don't laugh; it could happen.

The former British prime minister may be coming back, this time in a presidential role. Two years after leaving Downing Street, Blair has emerged as a strong candidate for the soon-to-be-created post of European president.

The role — in effect, the president of the European Union — will be appointed by the heads of state of the 27-nation bloc after a new EU reform treaty is signed and



Ex-British prime minister Tony Blair could become the new EU president.

ratified. That process received a major boost this weekend with approval from Irish voters.

The powers of the new position are unspecified. But there are already signs that Blair, 56, is

BLAIR'S COMPETITION
Other prospective presidential candidates are also being considered for the top job in the EU, including

→ Outgoing German Foreign Minister

FRANK-WALTER STEINMEIER, right.

→ Dutch Prime Minister **JAN PETER BALKENENDE**, right.

→ The new president will be chosen during private conversations among the leaders of the 27 EU nations without public review.



receiving strong consideration, and he has the formal support of British leaders despite the rivalry between Blair and Prime Minister Gordon Brown.

Robert Worcester, chairman of the Ipsos MORI polling firm in England, said Blair's unannounced candidacy will be helped by his popularity in the U.S. and in continental Europe even though his standing at home is low. "At home, he hasn't been forgiven for his support of the war in Iraq, for his saying there were weapons of mass destruction," Worcester said.

The position could be created as early as this month; EU officials have given no date. GREGORY KATZ (AP)

Report: Egyptian Cleric Bans Face Veils in Schools

CAIRO | An Egyptian daily newspaper reports that the country's top Muslim cleric is planning to ban female students from wearing the face veil in schools run by al-Azhar, Sunni Islam's most prestigious institute of learning.

The independent daily Al-Masry Al-Youm said Monday that Sheik Mohammed Sayyed Tantawi would soon order the ban implemented in all of al-Azhar's institutions.

A security official also said they had verbal orders to prevent students wearing the veil, known as the niqab, from entering al-Azhar schools for security reasons. (AP)

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Elisa and Jamil on a picnic in Fort DuPont Park.

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D.C. Students Rally for Teachers

200 teens skip class to march on schools HQ to protest layoffs

About 200 D.C. high school students skipped classes Monday morning to march on the office of Chancellor Michelle Rhee and protest last week's teacher layoffs.

The protest — which began at McKinley Technology High School, one of the hardest hit — came amid lingering questions about how Rhee determined which teachers to lay off and which schools were targeted. The cuts, part of an effort to close a \$40 million budget gap, resulted in 388 school employees' losing their jobs; 229 were teachers.

D.C. Council member Harry Thomas Jr., D-Ward 5, said he would introduce a resolution Tuesday supporting the student



McKinley Tech students Miranta Clark, 17, front, and Brianetta Norris, right, protest Monday outside D.C. school headquarters in response to a wave of teacher layoffs.

protesters, and he vowed careful questioning of school officials at a council oversight meeting this month.

"The numbers don't add up," Thomas said as he joined the protest, which included some of the laid-off teachers.

The rally started at McKinley, in Northeast Washington, amid a heavy police presence, and proceeded toward Rhee's office on North Capitol Street.

A skirmish among students, parents and police at McKinley on Friday — hours after the layoffs were announced — led to two arrests.

The demonstrators, who also included union officials and clergy, marched down McKinley's back entrance and up North Capitol to the school system's headquarters.

At about 10:20 a.m., they sat down on the steps of the plaza and demanded that Rhee come out and talk to them.

Protesters criticized Rhee for what they called an opaque layoff process. Principals were instructed not to give teachers reasons for their dismissals. **BILL TURQUE**

(THE WASHINGTON POST)

Slots Firm Expands Proposal

Md. company revises plan, increases bid to have 1,500 machines

Penn National Gaming has formally expanded its proposal for a slots parlor in Cecil County to include 1,500 machines, up from the 500 the company initially proposed.

Eric Schippers, a Penn National vice president, said the company submitted its revised plans and an additional \$6 million licensing fee to a state commission Friday.

The commission could award a license to Penn National by the end of the month. If so, Schippers said, the casino could open by late next year.

The two largest proposed slots sites — 4,750 machines in Anne Arundel County and 3,750 machines in Baltimore — face additional obstacles that push state approval further away.

JOHN WAGNER (THE WASHINGTON POST)



VIRGINIA Governor's Race Stays Classy A co-founder of Black Entertainment Television mocked Democrat Creigh Deeds' occasional stuttering at a fundraiser she held for Deeds' Republican opponent in the governor's race, Bob McDonnell. In a YouTube video, Sheila Johnson tells a crowd of wealthy donors, "The other people I talk to, especially his op-op-op-o-opponent, di-di-did this all through my interview with him." She added that Virginia needs a governor "who can really communicate." Johnson later apologized for the statement. (AP)

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Local



A Prince George's County firefighter works at the scene where a minivan crashed into the Carrollton East Apartment Complex on Good Luck Road in Lanham, Md.

A Driving Lesson Gone Awry in Md.

Resident is injured after van crashes into Lanham apartment

A man whose friend was teaching him how to drive crashed a minivan into a Lanham-area apartment Monday, injuring the resident who was sitting inside, authorities said.

The crash occurred just after 10 a.m. at a three-story garden-style apartment building in the 9700 block of Good Luck Road, authorities said. A 46-year-old man sitting inside his apartment was hit with flying debris and hos-

pitalized for a leg injury that was not life-threatening, according to authorities, and the two men in the van were not injured.

Authorities said nearly all of the van ended up in the man's bedroom. When the dust settled, only its rear wheels remained outside.

Police said the van's driver appeared to be in the country illegally; both men were of African descent. The driver was charged with reckless endangerment and driving without a license, police said, and his friend was charged with reckless endangerment. **MATT ZAPOTOSKY (THE WASHINGTON POST)**

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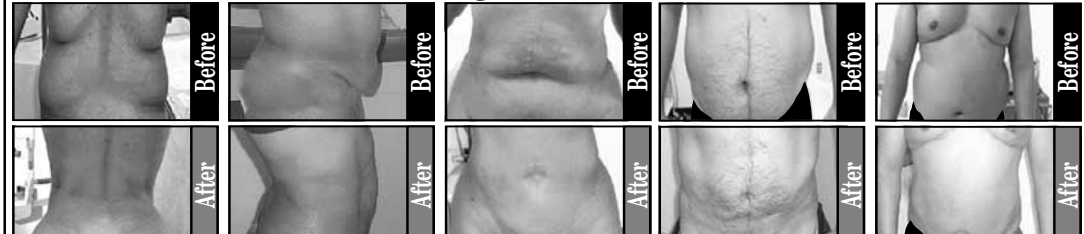
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Mid-day DC 4	2-9-3-5
Evening DC 4 (Sun.)	2-1-6-2
Mid-day D.C. Five	2-5-8-5-4
Evening D.C. Five (Sun.)	8-7-8-1-8
Daily 6 (Sun.)	10-12-15-24-27-32 (37)

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MARYLAND	
Mid-day Pick 3	3-9-5
Evening Pick 3 (Sun.)	9-3-6
Mid-day Pick 4	6-5-4-1
Evening Pick 4 (Sun.)	9-3-1-8
Match 5 (Sun.)	3-19-21-37-38 (34)

VIRGINIA	
Mid-day Pick 3	7-9-6
Evening Pick 3 (Sun.)	5-5-0
Mid-day Pick 4	0-3-5-9
Evening Pick 4 (Sun.)	0-7-2-6
Mid-day Cash 5 (Sun.)	9-14-23-28-30
Evening Cash 5 (Sun.)	18-22-26-29-30

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Four-Down Territory for Zorn

Redskins coach looks for improvement in season's next quarter

REDSKINS | The enormity of the NFL season can be tough to swallow at times, so Redskins coach Jim Zorn prefers to divide the 16-game schedule into quarters. The four-game chunks are easier for coaches, players and fans to digest.

On Monday, the day after the Redskins beat the Tampa Bay Buccaneers 16-13 and evened their record at 2-2, Zorn used broad strokes to evaluate his goals for the next four-game stretch of the season: "We must get better offensively all-around; in our blocking, continuing to get open and continuing to be disciplined on offense," Zorn said. "That needs to continue to improve."

While the Redskins prepare for Sunday's meeting at the Carolina Panthers — their fifth opponent in a row that enters the game winless — Washington begins the next portion of its schedule fortunate to be at .500 and eager to improve on its performances thus far.

The Redskins' two wins came against teams that are a combined 0-8 and losing by an average of 17 points per game. The Redskins' next two opponents — the Panthers and Kansas City Chiefs — are a combined 0-7 and are losing by an average of 14 points per game.

Players hope the soft schedule the next couple weeks allows the



Head coach Jim Zorn gets a hug from fullback Mike Sellers after Sunday's win. Washington is 2-2 entering Sunday's game.

Redskins to build their confidence before the quality of their opponents jumps.

"If we get some of these teams that don't have a win, they are going to be hungry," said safety Reed Doughty. "But at the same time, hopefully, we can take advantage of perceived lack of confidence."

Wide receiver Santana Moss says some of the team's progress is masked by its many mistakes. On Sunday, the Redskins committed four turnovers, but Clinton Portis finished just two yards shy of his

first 100-yard rushing game, Campbell's confidence never wavered, and the offense scored on its only trip inside the 20-yard line.

Still, the offense is ranked No. 27 in the red zone, Campbell's decision-making has been poor at times, and No. 2 wide receiver Malcolm Kelly has just six catches

"I can't say we're not getting better — we are," said Moss. I think the things we can do better at now is putting a whole game together. That's the main thing."

RICK MAESE (THE WASHINGTON POST)

REDSKINS INSIDER

Redskins Seek Fill-in For Injured Punter

Veteran punter Hunter Smith, who has a groin injury, might miss this week's game against the Carolina Panthers, so the Redskins plan to audition possible replacements Tuesday, coach Jim Zorn said. "It's not severe, but it is going to possibly keep him from participating." In Sunday's 16-13 victory, Smith was injured on his first punt in the first half. Place kicker Shaun Suisham took over punting duties and averaged 26.7 yards.

JASON REID (THE WASHINGTON POST)



Read More: For the latest on the Redskins, visit washingtonpost.com.

Swengali

REDSKINS | BY MATT SWENSON

Redskins Stave Off Controversy

THERE WAS A stay of execution this week at FedEx Field.

The Redskins' 16-13 victory over the Buccaneers Sunday was nothing more and nothing less.

Quarterback Jason Campbell was about as awful as coach Jim Zorn's play-calling in the first half. And, once again, Washington found itself in a hole against a winless team. The only difference is the Redskins got lucky that the Bucs don't have an NFL-caliber kicker.

Fortunate to still be in the game and on the verge of losing any remaining fans, Campbell and

If nothing else, the game reinforced how interlocked Campbell and Zorn are.

Zorn put together their best quarter of the season. So — for a week — there won't be a coaching debate, nor will there be the always-popular quarterback controversy.

If nothing else, the game reinforced how interlocked Campbell and Zorn are. Should Campbell put together four strong quarters, Zorn is going to look a lot smarter — and safer in his job security.

With the Panthers and Chiefs up next, there is still some margin for error. It's not enough to mask any weaknesses in the Redskins, but it could turn the heat down to low until the NFC East dominates Washington's schedule.

Just as the Redskins need to get used to close games, we should accept that nothing is going to change with this team, except for some in-game luck going its way from time to time.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

FEARLESS FORECAST | LOOKING AHEAD AT THE REDSKINS' SCHEDULE

WHILE THE REDSKINS are 2-2 — a respectable record — their play indicates that they could be exposed soon. Here's how we see Washington faring in its next four games, the first two of which are against winless teams:



AT PANTHERS
WIN



VS. CHIEFS
WIN



VS. EAGLES
LOSE



AT FALCONS
LOSE

FOOTBALL Better Late Than Never ESPN.com reported Monday that the San Francisco 49ers and first-round draft pick Michael Crabtree have renewed contract talks, according to sources familiar with the negotiations. Crabtree, the 10th overall selection in last April's draft, is the only unsigned first-round pick. The 49ers have until Nov. 17 to sign Crabtree for him to play this season. If Crabtree is not signed and he is not traded, he would be allowed to re-enter the April NFL draft.



AP's Top 10

- 1 FLORIDA:** Tim Tebow is slated to play after his concussion.

NEXT GAME: AT LSU, OCT. 10
- 2 TEXAS:** Colt McCoy is looking like the Heisman favorite so far.

NEXT GAME: VS. COLORADO, OCT. 10
- 3 ALABAMA:** The Crimson Tide just keeps on rolling.

NEXT GAME: AT NO. 20 MISSISSIPPI, OCT. 10
- 4 LSU:** The Tigers' close games mean that they are either battle-tested or overrated.

NEXT GAME: VS. NO. 1 FLORIDA, OCT. 10
- 5 VIRGINIA TECH:** Since when does eking out a win over Duke result in moving up in the rankings?

NEXT GAME: VS. BOSTON COLLEGE, OCT. 10
- 6 BOISE STATE:** Last week's performance against UC-Davis didn't silence any critics.

NEXT GAME: AT TULSA, OCT. 14
- 7 SOUTHERN CAL:** The Trojans re-established themselves as the class of the Pac-10 against Cal.

NEXT GAME: AT NOTRE DAME, OCT. 17
- 8 CINCINNATI:** An undefeated year is not out of the question.

NEXT GAME: AT NO. 23 SOUTH FLORIDA, OCT. 15
- 9 OHIO STATE:** Buckeyes have won big three-straight weeks.

NEXT GAME: VS. WISCONSIN, OCT. 3
- 10 TCU:** Frogs can't slip up if they want to stay in top 10.

NEXT GAME: VS. AIR FORCE, OCT. 10

Terps Atop a Topsy-Turvy Division

Upset victory against Clemson gives UMd. something to build on

TERPS FOOTBALL | Sitting alone atop the ACC's Atlantic Division standings this week is a Maryland team that limped into October without a division I-A victory. And alone at the bottom of the standings is the preseason favorite, a Florida State team that finds itself 0-2 in the conference for the first time ever.

The peculiar order makes sense only in the topsy-turvy world of the wackiest division in major college football. Neither a favorite nor a dark horse can be found among the Atlantic Division's six teams that have rendered nonconference performance and preseason rankings irrelevant.

"All the media picked Clemson and Florida State as the two teams to beat, and both have two losses" in the ACC, Maryland coach Ralph Friedgen said. "If we can get a road win against Wake Forest [Saturday], it would be very big and, hopefully, build some momentum for us."



Maryland celebrates a tackle during its 24-21 victory over Clemson on Saturday. The Terps are 1-0 in the ACC after starting with a lowly 1-3 record on September.

Neither a favorite nor a dark horse can be found among the six teams that have rendered preseason rankings irrelevant.

Parity rather than excellence defined the entire ACC last season. Ten of 12 teams played in bowl games, but the league finished the season without a top-10 team. This season's Coastal Division, however, has two highly ranked teams — No. 5 Virginia Tech and No. 11 Miami — and at least somewhat of a pecking order.

It is a different story in the Atlantic Division. Three of the schools — Florida State, Clemson and North Carolina State — lost Saturday to divisional opponents that were not expected to challenge for the division title — Boston College, Maryland and Wake Forest, respectively.

The season remains young, but it's anyone's guess which team will emerge from a division strewn with mediocrity. The only Atlantic Division team that received any votes in the Associated Press Top 25 this week was Boston College, which earned all of 12 votes.

That Maryland (2-3) can even think about building momentum speaks to how wide open the division has become. Throughout the worst September of Friedgen's nine-year tenure, the Terrapins struggled to string together consecutive successful quarters but now are eying opening conference play with consecutive division victories.

"We are 1-0 in the ACC, and that feels pretty good," quarterback Chris Turner said. "We need to capitalize on it." ERIC PRISBELL (THE WASHINGTON POST)



COLLEGE FOOTBALL Seminole Moment The chairman of the Florida State University trustees wants Bobby Bowden to retire at the end of this season. Jim Smith said Monday the arrangement with Bowden as head coach and his successor, Jimbo Fisher, as offensive coordinator isn't working. "We've got too many bosses out there," Smith said. The Seminoles (2-3, 0-2 Atlantic Coast Conference), who lost to Boston College Saturday, are off to their worst start since Bowden's first year at Florida State, in 1976. (AP)

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Sports



TIM SHURT/AFI/FLORIDA TODAY

The Washington Nationals' Stephen Strasburg pitches against the Detroit Tigers in an Instructional League baseball game in Viera, Fla., on Monday afternoon.

Strasburg Makes Nats Appearance

No. 1 pick allows one run donning the curly 'W' for the first time

NATIONALS | After a second consecutive 100-loss season that featured plenty of missteps, and not just in terms of W's and L's — remember the "Natinals" jersey fiasco? Remember Jim Bowden? — the Washington Nationals are ready to put a timetable on a turnaround.

The very best thing about finishing with the worst record in the major leagues two years in a row — going 59-103 in '09, after going 59-102 in '08 — is that the Nationals "earned" the No. 1 overall pick in baseball's amateur draft twice in a row.

So, they chose hard-throwing San Diego State right-hander Stephen Strasburg, widely considered

a once-in-a-generation talent, in June, then agreed to a record-breaking \$15.1 million deal right at the deadline in August.

Strasburg made his pitching debut as a member of the Nationals organization Monday, wearing a curly "W" on his chest while giving up one run in two innings during an Instructional League game at Washington's spring training stadium in Viera, Fla.

The Nationals intend to have Strasburg back there in February, possibly with a shot to earn a spot in what was an inexperienced and, at times, overmatched rotation this season.

Strasburg is "a young pitcher right now, who has no professional experience. So, we're going to take it as it comes," general manager Mike Rizzo said. "He's going to have to pitch his way into the rotation." **HOWARD FENDRICH (AP)**

with a shot at the New York Yankees in the ALDS on the line.

COLLEGE FOOTBALL (8 P.M. ON ESPN2) Middle Tennessee is at Troy for those in need of a football fix.

TODAY'S TV LINEUP

CAPITALS (7 P.M. ON VERSUS) The Caps can start 3-0 this season with a victory over the Philadelphia Flyers.
BASEBALL (5 P.M. ON TBS) The Twins host the Tigers in a one-game playoff

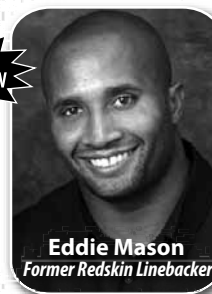
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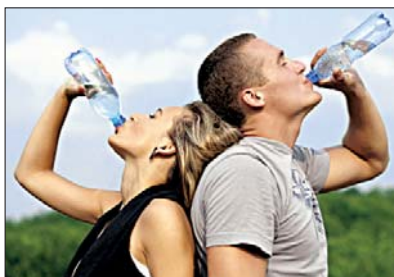
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fit



Meet your match
by exercising while
speed dating **E4**

PARKING



The scoop on D.C.'s shiny new
Bikestation, where folks can
store their wheels 24/7 **E5**



Don't ignore these
tips for getting your
doc to notice you **E7**

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pole model

HANG OUT WITH
JESSALYNN
MEDAIRY TO
LEARN HOW TO
TONE UP AND
'TUSH-UP' **E4**



EXPRESS PHOTO ILLUSTRATION

BaggageCheck



GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Say Hello to Personal Anger Management

Q What would you say to someone who just feels so angry all the time? I am so irritable and I snap at everyone. I start the day with the greatest of intentions. But soon into the day I just feel so frustrated. It's people on the Metro, my boss, the people I live with. I just feel like giving a middle finger to everybody. And, of course, they respond in kind. I know this sounds pathetic. I really do want to be better but don't know where to start.

— REALLY WANT TO BE BETTER

It doesn't sound pathetic. Pathetic would be delivering this note to me via a punch in the face.

It's great that you're motivated to get better. But it's difficult for



BENDEPENDENT.COM

me to tell how deep-seated this issue is. Sometimes, irritability can just mean that you're going through a temporarily stressful time. But often, it can be connected to underlying anxiety or even depression, and the fact that your

anger seems so pervasive makes me think that it's time you let a good therapist help you get to the bottom of it. There are lots of behavioral techniques that you can use yourself to help take the edge off, including trying to be vigi-

lant about your sleeping, eating and drinking habits; journaling; meditation; relaxation exercises; listening to music; working out and learning deep breathing. But for a more permanent fix, you'll want to eradicate the root of the soreness, rather than just soothing it.

The Truth Takes A Little Coaxing

Q Last year, I met this guy, and on and off we have been involved. We have always been on the up-and-up with each other — or so I thought. Lately, I am getting the feeling that he is seeing someone else and that he is not being honest with me about it. I do not care whether he is seeing someone else, but I do need for him to be honest with me if we are going to go further. But I do not want to confront him, because I do not want him to think that I am asking for a commitment from him.

— FRUSTRATED, D.C.

So, you want to get him to be open with you without having to be totally open with him. Niiice!

I can understand that you don't want him thinking that you're eyeing diamond solitaires. But the reality is that you hope to "go further." In most people's estimations, that means eventually getting more emotionally intimate, which is pretty difficult to do unilaterally.

Bring it up at a relaxed, pleasant time. Say that you like that you've always felt you both could be open about who you were dating, and you hope that hasn't changed. If that doesn't get him to open up, state that your status hasn't changed since you've last checked in, and ask him if his has. If he's still clamming up, then go for it: If it's honesty you want, then it's honesty you should give — by laying your concerns on the line.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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ROK 'N' ROLL



Energy bars end up crushed in the bottom of gym bags, and a hot day turns gels into a melted mess. But nothing messes with Clif Shot Roks (\$2.49), protein-packed balls with a protective shell. They look like Whoppers and taste a lot like candy, too. But the tough texture means you're in for a jaw workout.

FLAT TOPS



The designers of Vapur (\$8.95, Vapur.us) clearly studied the genius that is Capri Sun packaging to develop an "anti-bottle." The reusable BPA-free plastic pouch stands upright when filled with water (it holds up to 16 ounces) but flattens out so it can be folded or rolled and tucked away.

MINI-MED SCHOOL

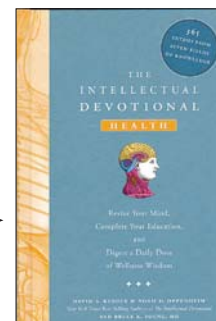


It might not get you up to speed on the health care debate, but "The Intellectual Devotional: Health" (\$24, Rodale) promises to generally educate you about the medical field with 365 page-long, easy-to-understand entries about everything from antihistamines to Roling to congenital hip dysplasia.

CLEAN BREAK



Outdoorsy adventures are meant to be messy, but they're no fun if you're not feeling clean, um, down there. So, pack LA Fresh feminine hygiene wipes (\$3.49 for 12, Lafreshgroup.com), soft flushable, biodegradable cloths.



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■ Wheaties may still be the "breakfast of champions," but it hasn't been winning over as many customers as it used to.

So, General Mills has hit upon a novel concept: a cereal made just for athletic dudes. The result is Wheaties Fuel (\$9.99 for a collector's edition sample, Wheaties.com).

Five super-athletes (Peyton Manning, Kevin Garnett, Albert Pujols, Hunter Kempner and Bryan Clay) stare ominously from the black box not just as models, but as part creators. Their feedback supposedly helped Dr. John Ivy develop the ideal formula for long-lasting energy with a macho taste ("lightly sweetened crunchy whole-wheat flakes and crisp rice").

Our manly tester devoured a bowl and was impressed by how full he felt — probably because a 1-cup serving is 210 calories. He also dug the hint of cinnamon and the stats in the nutrition box. "I want to put this in my regular rotation," he even said, but he'll have to wait until it hits stores in January.

VICKY HALLETT (EXPRESS)

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BODYTALK

Hanging Tough in Heels

Washington's greatest poling director knows how to spin it

When Jessalynn Medairy — clad in a sports bra, booty shorts and sparkly silver heels — demonstrates how she can suspend herself upside down from a pole by somehow tapping into the strength of her inner thighs, there are many adjectives that come to mind to describe her. “Shy” is not one of them. But Medairy, 23, swears that if she hadn’t started strutting in 5 ¾-inch stilettos four years ago, she’d still be shaking in her boots.

“I had this horrible case of anxiety. I was out of my mind about it,” says Medairy, who seems to have been completely cured. How else would she have competed last Sunday in Charlottesville, Va., at the Eastern Regionals for the U.S. Pole Dancing Federation?



Medairy

Her two routines — for a compulsory fitness round with set tricks (such as splits, spins and holds) and a freestyle dance that allowed her to show off her expressive style to a Michael Buble tune — placed fourth and earned her “pro status,” which means she’ll be one of 15 women at the first Professional Pole Championship in New York in 2010.

But the real proof that she’s shaken off her timid past is that Medairy ditched a job at Lockheed Martin to try out full-time pole work under the brand name Pole Pressure (Polepressure.com). In addition to competitions and tours (she’s performed regularly in the U.K. and elsewhere abroad), she now has a month-old pole studio with 11 poles at Balance Gym’s



COURTESY MEDAIRY

A spritz of Windex on the pole helps keep Jessalynn Medairy from sticking to it.

Thomas Circle location (1111 14th St. NW). And this week, she’s also starting to lead upper-level courses at Chic Physique in Bethesda (4931 St. Elmo Ave., Chicphysiquefitness.com).

“When you’re hanging on a pole, it makes you feel beautiful. The moment you leave class, you feel different,” says Medairy, who says her transformation went far beyond state of mind. Within months of starting training, she dropped 25 pounds and saw her entire body tone up. “I’m built the way I am now because of the pole,” she adds.

“WHEN YOU’RE HANGING ON A POLE, IT MAKES YOU FEEL BEAUTIFUL. THE MOMENT YOU LEAVE, YOU FEEL DIFFERENT.”

Her newly devoted students at Balance believe it. When Alex Nica, 23, took an intro class, she sweated and had a good time. “Then I went home and my butt hurt,” she says. That’s because the hip circles, bumps and “tush-ups” are designed to be more than merely seductive. They’re a workout — and even more of one if you’re donning proper footwear. Those sparkly shoes Medairy wears? “These aren’t stripper shoes. They’re rubber-soled, so they’re very comfy. But because you have to find your balance, they make the workout so much harder,” she explains.

Constantly caressing the pole and grabbing it to spin your body around tires out the arms pretty quickly. And doing the sorts of tricks Medairy makes look so simple requires mucho muscles. But her distraction techniques — such as calls to fog up the pole with your breath, pretend your sports bra straps are suspenders and simulate grabbing dollar bills with your teeth — keep students going.

There’s no doubt pole dancing embraces eroticism, but it requires just as much silliness as sexiness. Success comes from being comfortable with yourself, which is why Medairy thinks older women tend to enjoy the classes most: “Spanking their butt is totally OK with them.”

It helps that she closes the curtains during class to promote the feeling of privacy and, most of the time, the room is off-limits to guys — the Monday night mixer is co-ed but focuses more on aerial tricks and strength instead of sultry swivels.

After all, no one there is actually training to become a stripper, especially not Medairy, who had to convince her parents that her hobby wasn’t going to lead to topless clubs. But as Medairy proves, a spin around a pole may take you to places you never expected.

VICKY HALLETT (EXPRESS)

Shed Single Status Along With Pounds

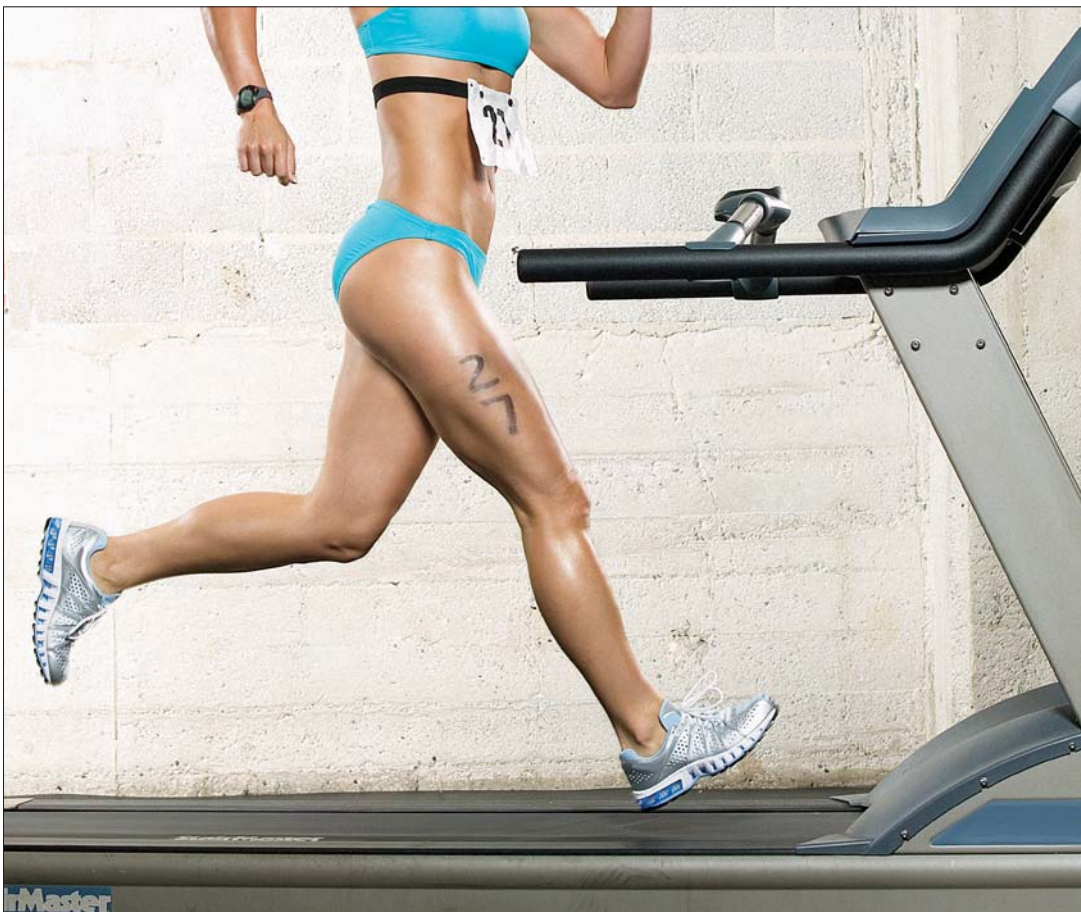
Traditional speed dating wasn’t such a good match for Bertha Cross. So, she came up with a twist: Add exercise to the mix. “If they have similar fitness goals, they have a tendency to have more in common, and the bonding becomes stronger,” explains Cross, who held her first Fitness Speed Dating event in 2008 and has since taken the concept to Philadelphia, Los Angeles and Chicago. But D.C. gets the love this Saturday at the Westin Grand Hotel (\$25, 2350 M St. NW, 12:30 p.m.-2 p.m. and 3:30 p.m.-5 p.m., Fitnessheights.com).

Participants should show up dressed to sweat and ready to get pinned with a bib number for easy identification and a race day feeling. Then, they’ll cycle through a series of five-minute dates with health as the focus. (There’s a sheet of questions about fitness goals, exercise frequency and diet to keep the conversation flowing.) Between every date rotation, the group gets a breather from the small talk with a mini-workout, which ranges from running around the block to strength moves with resistance bands.

“It’s a more fun way to get to know people,” Cross says. “You can see people’s strengths and weaknesses right away.” Literally!

A D.C. event earlier this fall had all of the fixings for a cardio connection but not enough singles to get hearts racing. Cross hopes with higher attendance, she’ll be able to link up more bodies for life. JULIE KRAUT

Tri a New Approach



GETTY IMAGES

THE TRIATHLON TRAINER

Pedal a bike at a moderate pace — an effort level of 5 or 6 (you're working hard but can still carry on a conversation) — for 10 minutes. Next, run either outside or on a treadmill for 10 minutes, again at an effort level of 5 or 6. Last, head to the pool or a rowing machine and put in 10 minutes at the same effort level.

THE FULL-BODY TONER

Jump rope for 30 seconds and rest for 30 seconds; do five sets. Then perform two sets of this five-minute body-weight circuit: squats, push-ups, step-ups, dips and crunches. Do as many reps of each exercise as you can in one minute, moving to the next without rest. Finish with a 10-minute jog at a medium pace.

THE POWER BOOSTER

Pick three cardio machines and do the following on each: Warm up for two minutes at a medium pace. For the first interval, raise to max effort by upping the resistance and/or incline, keeping the pace steady; go for 30 seconds, then recover at warm-up pace for two minutes. Do two intervals per machine. Finish on one machine before moving to the next.

THE CALORIE SCORCHER

Choose any three cardio machines. On the first one, go for 10 minutes at an effort level of 5 or 6. Move immediately to the next machine and go hard, at an effort level of 9 or 10 — you should just barely be



DARREN MICHAELS

'SMALL' BUT POWERFUL

→ Ellen Page's diminutive frame doesn't seem well suited to roller derby, which is partly why her character is an improbable star in "Whip It!" But the actress threw herself into training for the role, working with coach "Axels of Evil" for three months, she told us. The toughest part of filming: the underwater love scene. "I had to swim for three hours," she says. After that, you'd guess she'd be called by her chosen derby nickname: "Hurt Vonnegut." But everyone just called her "Small." V.H.

Get a triathlete's body by taking tips from that three-pronged training style

There's a reason triathletes look so fabulous: By combining three events, they get the results of each — a swimmer's cut shoulders, a cyclist's toned legs and a runner's lean physique.

But you don't have to go hardcore (or even get in the water) for

those perks. These four cardio plans will freshen up your workout, and you can finish each in 30 minutes or less. Do one three times a week on nonconsecutive days, says Karl Scott, a private trainer at the Sports Club/LA in New York City.

able to huff out words — for another 10 minutes. Finally, switch to the last machine and do 10 minutes at a 5 or 6 effort. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



TRAILBLAZER

Parking Space Station

■ Standing before a gleaming, helmet-shaped glass structure next to Union Station last Friday, D.C. Mayor Adrian Fenty boasted, "You don't every day get to come to the biggest, best, coolest Bikestation in the country." It makes sense that Fenty, an avid cyclist, would be on hand for the opening of the building, which houses covered, secure parking for about 130 bikes, and offers retail, repairs and rentals. But work to install the first Bikestation (Bikestation.com) on the East Coast has taken six years.

The wait has been worth it for commuters such as George Mino, 56, who — contrary to what the mayor announced — hopes that his visits do happen every day. He takes the MARC from Columbia, Md., then hops on his bike to ride to work in Crystal City. But leaving his wheels out in the open at Union Station has been a bumpy ride. "I've had my bike stolen, vandalized and had the air let out of my tires,"



COURTESY DC DEPT OF TRANSPORTATION

The modern glass structure next to Union Station resembles a bike helmet.

he says. "Now I can finally buy a bike that costs more than my lock."

Mino has signed up for an annual membership (\$96, plus a \$20 administrative fee), which means he has access to the facility 24/7, including a small changing room. Non-members can park for \$2 a day between 7 a.m. and 7 p.m., when Bike the Sites (Bikethesites.com) staffers are on hand to handle tune-ups, sales of accessories and rentals. Guided tours from Bikestation kick off in the spring.

VICKY HALLETT (EXPRESS)



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fit

EATINGIN



CHICKPEAS IN COCONUT SAUCE

INGREDIENTS

- 5 TSP sesame oil or canola oil
- 2 TBSP yellow split peas
- 1 TSP coriander seeds
- 2 dried Thai chilies, stems removed
- 2 CUPS water
- 1 TSP tamarind paste or concentrate
- 1 TSP black or yellow mustard seeds
- 3 CUPS canned chickpeas, drained
- 2 TSP coarse kosher salt or sea salt
- 1/4 TSP turmeric
- 1/2 CUP shredded dried unsweetened coconut, reconstituted
- 2 TBSP finely chopped fresh cilantro

25 MINUTES, SERVES 8

IN A SAUCEPAN over medium-high, heat the oil. Add the split peas, coriander seeds and chilies, and cook, stirring constantly, about one to two minutes. Remove the pan from the heat. Using a slotted spoon, skim off the spices. Once the spices cool, grind them until the texture resembles that of finely ground black pepper. In a bowl, combine the water and tamarind paste. Whisk to dissolve the tamarind. Return the saucepan to medium-high heat. When the oil is warmed, add the mustard seeds. Cover the pan and cook until the seeds have stopped popping (similar to popcorn). Stir in the chickpeas, salt and turmeric. Pour in the tamarind water and bring to a boil. Lower the heat to medium and cook, uncovered, until the chickpeas absorb the flavors, eight to 10 minutes. Stir in the ground spices, coconut and cilantro. (AP)



170 calories, 6 g protein, 20 g carbs, 7 g fat, 0 mg cholesterol, 970 mg sodium, 5 g fiber

How to Page Doctor Elusive

Feeling rushed through medical appointments? Snag more TLC

Seeing your doctor has never been a picnic (tissue-thin gown, anyone?), but these days it can feel like a hit-and-run. As doctors get busier, appointments get shorter — you're supposed to spill your family history, get a prescription refill and have a suspicious mole inspected in less time than it takes to reload your iPod.

And not only are docs more swamped than ever; sometimes it feels like they're speaking a different language. "Medical schools teach students how to interact with patients, but by the time doctors start practicing, their bedside manner may be a bit rusty," says Sherrie Kaplan, a leading researcher of doctor-patient interactions. Because a satisfied patient is more likely to be a healthy one, according to research from the University of California, Irvine, we got experts to help you get the medical TLC you need.

PROBLEM: Your doctor heads for the door when you've barely had a chance to say, "Ahhh."

SOLUTION: Bring a list of the issues you want to tackle and let the doc know at the beginning of your appointment how many items are on your list, says Larry Mauksch, a senior lecturer in family medicine at the University of Washington in Seattle. Don't wait until the end of the appointment to bring up the most important issues. Also worth considering: Johns Hopkins University researchers found that consultations with female physicians are, on average, two minutes longer than those with male ones.

PROBLEM: Your doctor speaks in confusing medical jargon or glosses over details.

SOLUTION: Seventy-eight percent



Medical schools teach students how to talk to patients, but their bedside manner can get rusty.

of patients do not fully understand their doctor's instructions, reports a study in the *Annals of Emergency Medicine*. "Be blunt and say, 'You're using a lot of words I don't understand,' or, 'I'm not getting the reason behind your recommendation,'" Mauksch says. Repeat what you think you heard and ask whether it's correct, then write it down. If

the office uses electronic medical records, request an After Visit Summary, which includes a printout of the doctor's recommendations.

PROBLEM: Your doctor dismisses your concerns, but you're worried something could be wrong.

SOLUTION: Explain why you're concerned. For example, maybe your grandmother died of a brain tumor, and you're afraid that your migraines might mean you have one, too. Expressing your fears clues your doctor in to your family history and gives her some context so she can explain why you should or shouldn't be alarmed (maybe the type of tumor Grandma had doesn't run in families). If you do that and

still feel strongly that something isn't right, trust your gut and get a second opinion, Kaplan says.

PROBLEM: Your doctor is impossible to reach between visits.

SOLUTION: Next time you're face to face, get the 411 on how your doctor can be reached. About 39 percent of physicians communicate with patients via e-mail, so find out whether yours is one of them. But if you're granted the e-mail address, keep your messages short, and don't expect a rapid response. (In other words, a case of food poisoning should land you in the ER, not in your doc's in-box.) PAIGE GREENFIELD (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

STETHOSCOPE



OBESITY

Friend, or Diet Foe?

■ You probably already sort of despise your friend who can scarf whatever she wants and still look like a model. Get ready to hate her more: A study in the *Journal of Consumer Research* found that seeing skinny folks chow down encourages us to do the same, whereas the sight of chunkier people overeating doesn't evoke the same response. They figured this out by having female college students watch a movie with a companion, who either appeared naturally (at 105 pounds) or "obese" with padding, but always took a large portion of candy.

LIFE EXPECTANCY

Birthday Boom

■ Baby, have we got some good news. A Danish study published in the *Lancet* shows that children born since 2000 in wealthy nations can expect to live long enough to score a Willard Scott mention on the "Today" show. Having more of the population join the century club may increase the burden on social services, but the researchers speculate that healthier living throughout the years may prevent that.

SEXUALITY

Between the Sheets

■ Marvin Gaye may have been onto something with that "Sexual Healing" song. Researchers in Australia studied 295 women and discovered that those who were the most pleased about what was happening in their bedrooms scored higher when it came to well-being and vitality.

Hear ye, hear ye!



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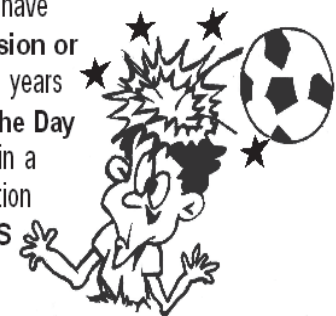
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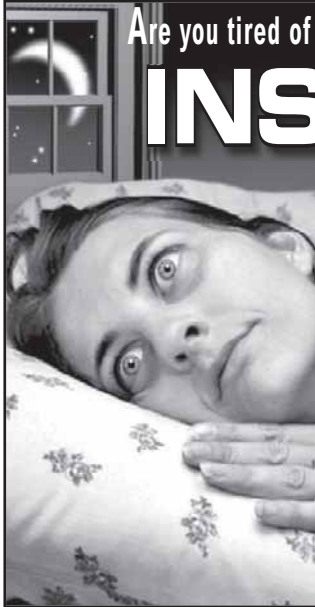
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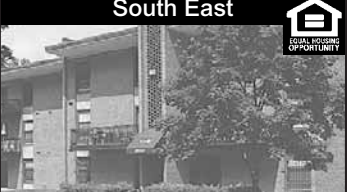
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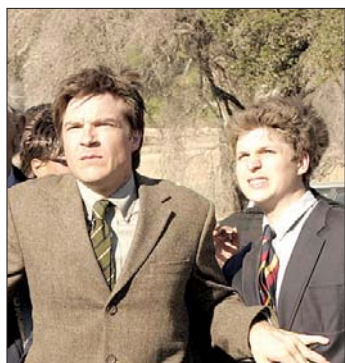
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Divorce Drama

Kate Gosselin says Jon left her no way to pay bills, support kids | 34



Jason Bateman and Michael Cera in the Fox series "Arrested Development."

'Arrested' On the Big Screen

A movie version of the cult TV favorite is currently in the works

FEATURE | "Arrested Development" creator Mitchell Hurwitz and his co-executive producer James Valley are working on a screenplay for a feature version of their short-lived Fox series.

Even as they prep a new Fox comedy series with "Arrested" star Will Arnett, the writers are spinning more bizarre encounters for the eccentric, spoiled Bluth clan for possible feature production in the spring. Hurwitz had said that he wouldn't start writing a film unless all the main actors were committed. But now Hurwitz and Valley are forging ahead.

Director Ron Howard, who executive-produced the series and provided the voice of the narrator, played himself in the final episode, hearing a pitch of the Bluth story and suggesting it for a movie. Hurwitz, however, will direct the feature. JAY A. FERNANDEZ AND LESLEY GOLDBERG (THE HOLLYWOOD REPORTER)

The Good Daughter

Rosanne Cash puts a list of father Johnny's favorite country songs to use on a new album

Q&A | A consummate Renaissance woman, Rosanne Cash has eschewed genre conventions throughout her long career. Of course, she had an excellent role model, being the eldest daughter of the legendary Johnny Cash. She scored her own string of country hits in the '80s and continues to record, write books, and contribute fiction and essays to such publications as the New York Times and Rolling Stone.

"I wasn't intimidated. I've been singing 'Silver Wings' in the shower for 30 years."

Her latest album, "The List," due out today on EMI's Manhattan Records, is a collection of covers based on a list of 100 essential country songs that her father gave her when she was 18.

Produced by Rosanne Cash's husband, John Leventhal, "The List" includes Hank Snow's "I'm Movin' On" and Hank Williams' "Take These Chains From My Heart," and duets with Bruce Springsteen, Elvis Costello, Rufus Wainwright and Wilco's Jeff Tweedy.



MUSICAL GENES: Rosanne Cash takes after her famous dad when it comes to talent.

How did you react when your father first presented you with his list of essential country songs?

I was thrilled. I know people think, "Oh, 18 years old — you wouldn't have sense enough to know what you were getting." I did.

How did you narrow down a list of 100 songs to 13?

Some songs were clearly not suited for me to do — some were too gender-specific. There was also a sonic and emotional balancing so that it wasn't all "Motherless Children" and "Bury Me Under the Weeping Willow."

What role did your husband, John Leventhal, play in your interpretation of the songs?

John did all the heavy lifting; these are his arrangements. It was a pure joy for me to get to sing them, but it was a pure joy for him. This is the dream project that he's been waiting his whole life to do.

These are some of the best and biggest songs of the last 100 years. Was it intimidating to cut them?

"She's Got You" was a little bit because I knew Patsy Cline's record so well, and "Girl From the North Country" [by Bob Dylan] was because it seemed like a watershed moment in musical history. The rest of them, no, I wasn't intimidated. I've been singing "Silver Wings" in the shower for 30 years.

KEN TUCKER (BILLBOARD)



SUCCESS Native Son is poised to make the leap to mainstream success. The Washington, D.C., MC has already built up a wealth of hipster cred, making mixtapes inspired by "Seinfeld" with Fader-approved DJ Nick Catchdubs. Last month, Wale performed as part of the house band for the MTV Video Music Awards, and he recently confirmed he will be joining Jay-Z, N.E.R.D and J. Cole for a college tour this fall. In the last few months, he appeared in ads for the apparel line LRG and for Nike. (BILLBOARD.COM)

Religious, Indie Experience

The Mountain Goats' Good Book-themed album is a beautiful, enlightening listen

MUSIC | The Mountain Goats' John Darnielle has, for 16 albums and counting, been writing ridiculously insightful and heartbreaking songs while still keeping a bounce in his step and a dusting of pop on his dirges.

While it's not always possible to tell whether he's a brilliant social commentator or just a really depressed poet, it's not a stretch to say his band is the only one that can get away with an album such as "The Life of the World to Come" (4AD).

First off, this is no place for newcomers to the Mountain Goats. A glance at the track listing would put off most listeners: All the songs are named after Bible verses, and not ironically. It's a ballsy move for an indie legend and one that could easily be mistaken for an unfortunate gimmick, but with "The Life of the



The Goats' "The Life of the World to Come" is not for the uninitiated listener.

expressnightout

→ To read more of this Mountain Goats review and to watch videos of the band performing live, visit us online.

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World to Come," Darnielle sells the earnestness and the general life lessons that he's been hawking for most of his successful career.

They're just life lessons that

are tied to a controversial though admittedly credible source, from a pedagogical point of view.

And second, it's not an easy theme to explain simply. Interviews and press releases may reveal some insight into the story behind the record, but Darnielle's project transcends personal experience.

This motif (the band has named songs after Bible verses before, and it also put out a tour-only EP called

"Satanic Messiah" in 2008 with a limited vinyl run of 666) doesn't come from just a profession or rejection of faith, of close study of the Bible itself, or even of a disinterested take on the Bible as literature. It's more of a curious exploration of all these things that also pays tribute to the Good Book's most poetic ideas and phrases.

The closest thing to a single is the relatively upbeat "Genesis 3:23" (which is the verse about Adam and Eve's being kicked out of the Garden of Eden, for those taking notes), which displays the Mountain Goats' mastery at reveling in the aftermath of tragedy, combining a good fit of despair with profound moments of healing.

Utterly complex and mature, the album embraces curiosity and doubt, and hangs together both as a personal spiritual journey and as a universal testimony to the human condition.

AFTON LORRAINE WOODWARD

→ 9:30 Club, 815 V St. NW; with *Final Fantasy*, Nov. 27, 8 p.m., \$20; 202-265-0930 (U Street/Cardozo)



Brooks & Dunn will split next year — but first, they'll perform at the CMAs.

A Country Duo's Final Farewell

PERFORMANCE | The 43rd annual Country Music Association awards will offer fans one of the last chances to see Brooks & Dunn before they split next year.

The popular duo join a star-studded lineup, including all five entertainer-of-the-year nominees, scheduled to perform during the Nov. 11 ceremony.

CMA also announced Monday that Kenny Chesney, Taylor Swift, Reba McEntire, George Strait, Darius Rucker and Keith Urban will perform. (AP)

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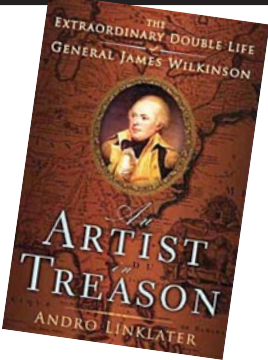
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2 Historical Intrigue

Everyone loves a good mystery — and in D.C., a mystery only gets better if it's 300 years old. Meet Gen. James Wilkinson. He's a Revolutionary War hero who exposed Benedict Arnold's betrayal but then turned around and took a covert job with the Spanish secret service. Andro Linklater has just penned a new biography about him and will be speaking about America's contradiction in chief tonight. F.Z. → Politics and Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness)



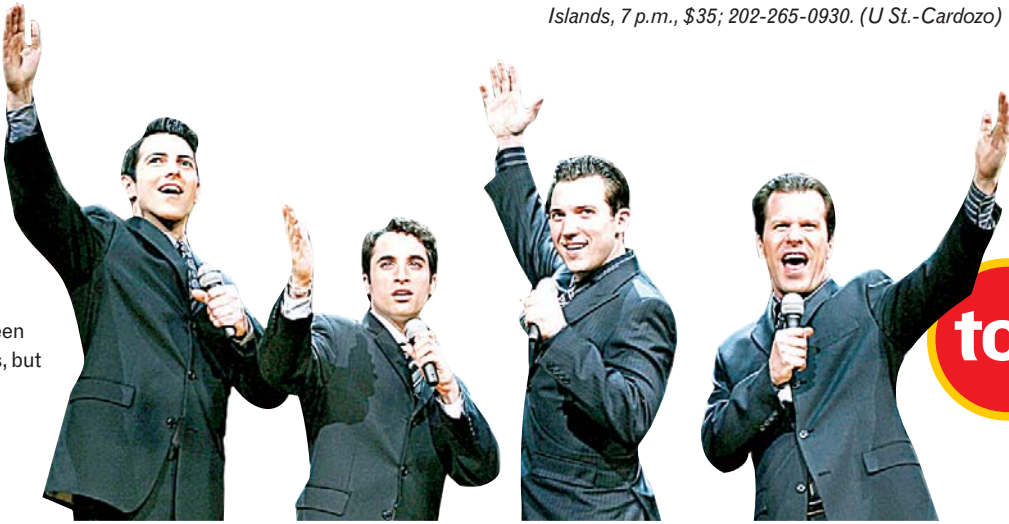
3 Pretty in Black

While New Wave pioneers the Psychedelic Furs are now down to the Butler brothers, the essence of the band hasn't been lost. That's because the heart of the band is Richard Butler's ashtray-stained voice. More gothic than pop, more pop than punk, the Furs walk a gorgeous middle ground between rock and cabaret, experimental and mainstream, the past and the future. c.p. → 9:30 Club, 815 V St. NW; with Happy Mondays and Islands, 7 p.m., \$35; 202-265-0930. (U St.-Cardozo)



1 Oh, What a Night

There are those who complain about musicals' becoming ever more vacuous, so in need of money that producers take a recognizable commodity — like, say, the songs of the Four Seasons — build a silly plot around it and pretend that it's worthy of notice. Those people hate fun and have never seen "Jersey Boys," which is sort of ridiculous, but you can't help enjoying it. F.Z. → National Theatre, 1321 Pennsylvania Ave. NW; through Dec. 12, \$52-\$112; 202-783-6854, Nationaltheatre.org. (Metro Center)



Compiled by Express' Fiona Zublin and Christopher Porter. Read more of their picks every day at Expressnightout.com/topstops.

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INVENTION OF LYING (PG-13) (130 410) 715 1010
SURROGATES (PG-13) (200 440) 720 950
FAME (PG) (120 PM) 645 PM
OC & DA: FAME (PG) (400 PM) 930 PM
PANDORUM (R) - ID REQ'D (2045 515) 810 1045
THE INFORMANT (R) - ID REQ'D (210 450) 750 1030
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (115 330) 630 900
JENNIFER'S BODY (R) - ID REQ'D (815 PM) 1040 PM
LOVE HAPPENS (PG-13) (140 420) 650 940
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (110 350) 710 945
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ZOMBIELAND (R) - ID REQ'D (105 315 530) 800 1030
TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM
PANDORUM (R) - ID REQ'D (235 500) 735 1015
SURROGATES (PG-13) (120 330 540) 805 1030
FAME (PG) (250 520) 750 1025
OC: CLOUDY WITH A CHANCE OF MEATBALLS (PG) (320 PM) 955 PM
THE INFORMANT (R) - ID REQ'D (220 450) 720 950
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (110 PM 525 PM) 740 PM
LOVE HAPPENS (PG-13) (230 PM) 705 PM
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (135 415) 605 925
9 (PG-13) (505 PM) 935 PM
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CAPITALISM: A LOVE STORY (R) - ID REQ'D (1210 130 315 430) 620 740 910 1040
WHIP IT (PG-13) (1145 215 515) 805 1100
INVENTION OF LYING (PG-13) (1215 250 530) 755 1020
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (135 355) 635 905
SURROGATES (PG-13) (1245 150 255 405 505) 615 715 825 925 1045
FAME (PG) (1205 100 230 340 520) 605 750 850 1025
PANDORUM (R) - ID REQ'D (1240 PM)
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1150 210 445) 810 1035
JENNIFER'S BODY (R) - ID REQ'D (1250 310 545) 830 1055
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (155 440) 725 1000
9 (PG-13) (1225 235 435) 705 935
INGLORIOUS BASTERDS (R) - ID REQ'D (1250 310 545) 830 1055
DISTRICT 9 (R) - ID REQ'D (335 PM) 655 PM 1015 PM
RW: PANDORUM (R) - ID REQ'D (325 PM) 640 PM
RW: THE INFORMANT (R) - ID REQ'D (1125 200 425) 710 945
LOVE HAPPENS (PG-13) (1155 225 455) 730 955
(1220 PM) 920 PM

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RW: ZOMBIELAND (R) - ID REQ'D (145 400) 650 930
ZOMBIELAND (R) - ID REQ'D (115 330 540) 750 1010
WHIP IT (PG-13) (150 415) 645 920
INVENTION OF LYING (PG-13) (120 500) 735 1015
PANDORUM (R) - ID REQ'D (155 425) 705 935
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SURROGATES (PG-13) (105 325) 715 945
FAME (PG) (135 345) 640 915
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (140 410) 655 925
THE INFORMANT (R) - ID REQ'D (110 PM) 725 PM
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FAME (PG) (130 410) 740 1010
THE INFORMANT (R) - ID REQ'D (210 440) 750 1020
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (100 305 510) 720 930
DISTRICT 9 (R) - ID REQ'D (100 PM) 940 PM
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TOY STORY 3D - DOUBLE FEATURE (G) ★ (1200 PM 400 PM) 800 PM
PANDORUM (R) - ID REQ'D (1210 240 510) 740 1010
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FAME (PG) (1215 230 445) 715 945
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LOVE HAPPENS (PG-13) (150 PM)
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1200 225 425 505) 710 750 955 1035
9 (PG-13) (125 325 525) 725 925

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WHIP IT (PG-13) (1140 220) 500 745 1020
INVENTION OF LYING (PG-13) (1130 200) 440 715 950
OC & DA: FAME (PG) (215 PM) 1010 PM
PANDORUM (R) - ID REQ'D (1240) 310 540 810 1045
SURROGATES (PG-13) (1220 245) 530 805 1030
FAME (PG) (1145 AM) 450 PM 725 PM
THE INFORMANT (R) - ID REQ'D (1150 225) 505 755 1035
JENNIFER'S BODY (R) - ID REQ'D (1200 PM) 510 PM 1030 PM
CLOUDY WITH A CHANCE OF MEATBALLS 3D - EVENT PRICE (PG) ★ (1155 210 435) 650 915
LOVE HAPPENS (PG-13) (230 PM) 750 PM
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1250) 400 710 955
9 (PG-13) (430 PM) 1005 PM
THE SEPTEMBER ISSUE (PG-13) (240 PM) 800 PM
INGLORIOUS BASTERDS (R) - ID REQ'D (100 PM) 640 PM
DISTRICT 9 (R) - ID REQ'D (1205 PM) 520 PM 1035 PM

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671 N Glebe Rd 800-FANDANGO 377#
TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM
CAPITALISM: A LOVE STORY (R) - ID REQ'D (1220 120 325 425) 630 730 935 1035
THE INFORMANT (R) - ID REQ'D (215 400 500) 645 745 925 1025
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (150 420) 640 905
JENNIFER'S BODY (R) - ID REQ'D (125 PM)
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (200 415) 625 840
9 (PG-13) (200 415) 625 840
EXTRACT (R) - ID REQ'D (225 PM) 725 PM
DISTRICT 9 (R) - ID REQ'D (110 410) 710 1010
JULIE & JULIA (PG-13) (1210 PM 350 PM) 720 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (140 PM 450 PM) 755 PM
HURT LOCKER (R) - ID REQ'D

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#
ZOMBIELAND (R) - ID REQ'D (1115 1215 140 240 405 505) 630 730 855 955
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1100 AM 300 PM) 700 PM
I HOPE THEY SERVE BEER IN HELL (R) - ID REQ'D (130 415) 720 1015
WHIP IT (PG-13) (125 420) 715 1005
INVENTION OF LYING (PG-13) (1105 155 435) 745 1025
OC & DA: FAME (PG) (355 PM) 940 PM
FAME (PG) (105 PM) 645 PM
SURROGATES (PG-13) (1125 1225 150 250 425 525) 650 750 920 1020
PANDORUM (R) - ID REQ'D (1145 230 515) 800 PM
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1120 135 350) 630 855
JENNIFER'S BODY (R) - ID REQ'D (1010 PM)
LOVE HAPPENS (PG-13) (1255 340) 635 925
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1110 100 200 350 450) 640 740 930 1030
INGLORIOUS BASTERDS (R) - ID REQ'D (115 PM) 445 PM 810 PM
JULIE & JULIA (PG-13) (110 PM 410 PM) 710 PM

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1100 AM 300 PM) 700 PM
ZOMBIELAND (R) - ID REQ'D (1100 110 320 530) 800 1015
RW: ZOMBIELAND (R) - ID REQ'D (1200 210 425) 645 905
WHIP IT (PG-13) (1115 150 430) 710 945
INVENTION OF LYING (PG-13) (1145 215 455) 730 1000
CAPITALISM: A LOVE STORY (R) - ID REQ'D (1105 155 445) 740 1030
SURROGATES (PG-13) (1130 1230 145 250 405 515) 625 745 845 1005
PANDORUM (R) - ID REQ'D (1205 235 505) 755 1025
FAME (PG) (1125 200 440) 715 950
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1120 135 350) 630 855
THE INFORMANT (R) - ID REQ'D (1150 220 450) 725 955
JENNIFER'S BODY (R) - ID REQ'D (1210 PM)
LOVE HAPPENS (PG-13) (1115 355) 655 930
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1215 315) 640 920
9 (PG-13) (1110 PM 350 PM) 610 900
INGLORIOUS BASTERDS (R) - ID REQ'D (245 PM) 615 PM 935 PM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#
ZOMBIELAND (R) - ID REQ'D (1220 120 250 350 520) 620 750 850 1020
CAPITALISM: A LOVE STORY (R) - ID REQ'D (100 400) 700 1000
WHIP IT (PG-13) (150 440) 725 1010
INVENTION OF LYING (PG-13) (140 430) 710 950
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1200 PM 400 PM) 800 PM
SURROGATES (PG-13) (1250 155 310 430 535) 650 755 910 1030
OC & DA: FAME (PG) (330 PM) 855 PM
FAME (PG) (1240 PM) 615 PM
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1215 240 505) 730 955
PANDORUM (R) - ID REQ'D (1255 335) 640 920
THE INFORMANT (R) - ID REQ'D (125 455) 735 1015
JENNIFER'S BODY (R) - ID REQ'D (110 355) 635 915
LOVE HAPPENS (PG-13) (105 420) 705 945
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (135 435) 720 1005
9 (PG-13) (1245 300 530) 745 1025
DISTRICT 9 (R) - ID REQ'D (1230 345) 645 930
G.I. JOE (PG-13) (1230 320) 610 900
INGLORIOUS BASTERDS (R) - ID REQ'D (1205 315) 625 935
HARRY POTTER: HALF BLOOD PRINCE (PG) (1205 315) 625 935

FOX STADIUM 16
22875 Crawford Plz Ashburn, VA 703-957-1035
TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM
ZOMBIELAND (R) - ID REQ'D (1240 250 500) 710 920
RW: ZOMBIELAND (R) - ID REQ'D (140 350) 600 810 1020
WHIP IT (PG-13) (150 450) 730 1015
INVENTION OF LYING (PG-13) (230 520) 750 1025
SURROGATES (PG-13) (1250 200 320 430 530) 640 740 850 1015
PANDORUM (R) - ID REQ'D (110 400) 630 910
FAME (PG) (210 445) 715 950
THE INFORMANT (R) - ID REQ'D (1235 310 550) 630 PM
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1230 240 510) 720 930
JENNIFER'S BODY (R) - ID REQ'D 940 PM
LOVE HAPPENS (PG-13) (220 515) 800 1030
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (100 340) 620 900
9 (PG-13) (130 410) 610 840
INGLORIOUS BASTERDS (R) - ID REQ'D (120 PM 440 PM) 820 PM
DISTRICT 9 (R) - ID REQ'D (1245 PM 330 PM) 650 PM

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#
INVENTION OF LYING (PG-13) (145 445) 740 1010
CAPITALISM: A LOVE STORY (R) - ID REQ'D (100 140 355 435) 645 730 935 1020
ZOMBIELAND (R) - ID REQ'D (105 150 320 425 530) 650 750 915 1015
TOY STORY 3D - DOUBLE FEATURE (G) ★ (300 PM) 700 PM
FAME (PG) (135 415) 710 945
JENNIFER'S BODY (R) - ID REQ'D 955 PM
LOVE HAPPENS (PG-13) (115 405) 720 1000
9 (PG-13) (125 345) 700 925
HARRY POTTER: HALF BLOOD PRINCE (PG) (310 PM) 635 PM

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#
TOY STORY 3D - DOUBLE FEATURE (G) ★ (1100 AM 300 PM) 700 PM
ZOMBIELAND (R) - ID REQ'D (1150 1230 200 240 500 540) 720 800 940 1020
WHIP IT (PG-13) (1220 320) 600 850
INVENTION OF LYING (PG-13) (100 340) 630 930
PANDORUM (R) - ID REQ'D (1200 220 440) 740 1000
SURROGATES (PG-13) (130 410) 640 920
FAME (PG) (120 420) 715 1040
THE INFORMANT (R) - ID REQ'D (1120 140 400) 620 840
CLOUDY WITH A CHANCE OF MEATBALLS (PG) (1120 140 400) 620 840
JENNIFER'S BODY (R) - ID REQ'D (150 PM) 950 PM
LOVE HAPPENS (PG-13) (1130 210 450) 730 1010
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (1250 330) 610 900
9 (PG-13) (1110 110 350) 650 910
DISTRICT 9 (R) - ID REQ'D (430 PM) 710 PM

television **lookout**

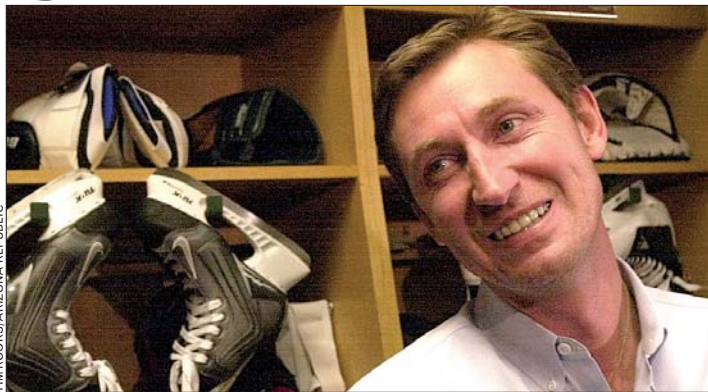
The King of All Trades

A documentary looks at Gretzky's move from Canada to L.A.

VIEW | ESPN continues to blow out candles on its 30th birthday cake. Tonight begins the "30 for 30" project, an ambitious slate of 30 sports documentaries made by well-known directors.

Peter Berg ("Friday Night Lights") directs "Kings Ransom" (8 p.m., ESPN), an hour-long look at one of the most controversial trades in sports history. Known as "The Great One," Wayne Gretzky had led the Edmonton Oilers to their third NHL Stanley Cup in four years when he was peddled to the Los Angeles Kings for \$15 million and a raft of young talent.

"Ransom" looks at the trade



Wayne Gretzky says he does not regret leaving the Oilers in ESPN's "Kings Ransom."

from Gretzky's point of view and from the vantage point of the Oilers' owner, and documents the outrage of the fans in Edmonton and throughout Canada when they heard that their beloved local hero was leaving for Hollywood.

Separated by two decades from the emotions of the time, Gretzky

tells Berg that he has no regrets about the move and observes that he has made a home in Los Angeles. But he's also rather wistful when he reflects that he could have won a few more Stanley Cups with the Oilers, something he never did with the Kings. KEVIN MCDONOUGH

(UNITED FEATURE SYNDICATE)



Tonight on Discovery, Mike Rowe is back for a new season of "Dirty Jobs."

Leighton) murder. Jonah (Michael Rady) is stunned to be accused of stealing a necklace from a mansion he videotaped for a real estate agent, then gets angry when Ella says she

saw a similar necklace in David's (Shaun Sipos) apartment.

FUN WITH FILTH

Mike Rowe returns to host 11 new episodes of **DIRTY JOBS** (9 p.m., Discovery), as he travels to Miami to try his hand at marine salvaging, working to remove submerged, abandoned boats from the water.

BACK TO THE PAST

On **THE GOOD WIFE** (10 p.m., CBS), Alicia (Julianna Margulies) finds herself immersed in her old life when she is asked to represent the teenage son of a former friend, an assignment that requires her to return to her old neighborhood.

PLAYING DIRTY

In a new episode of **THE FORGOTTEN** (10 p.m., ABC), a man is found beaten to death on the street, and investigating his identity and his murder leads Alex (Christian Slater) and his team into the world of pro football.

(TRIBUNE MEDIA)

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PILOTS Navigating the City Comedy Central has ordered a pilot for "Boys and Girls Guide to Getting Down." Based on Paul Sapiano's 2006 indie feature, the half-hour pilot is described as a how-to guide for 20-somethings living in the city. The show will chronicle the adventures of several young characters, with a narrator giving tips about "getting down." (THE HOLLYWOOD REPORTER)

Poll Center

WILL ADMITTING HE HAS HAD AFFAIRS HURT DAVID LETTERMAN'S RATINGS?

YESTERDAY'S RESULTS AS OF 5 P.M.

NO 86%
14% YES

"Not in the least. As a matter of fact, it will probably help his ratings. The people who typically watch his show are those with no job and no morals anyway, so his affair will likely help his ratings."

COMMENTER COMMON KEVIN

"In a country that has a moral compass, such revelations would harm a career. Alas, we are talking about the morally corrupt and narcissistic USA."

COMMENTER V

"The public is so used to celeb scandals, only exceptionally creepy details would cause his ratings to suffer. As long as the network can sell ads, they aren't going to care."

COMMENTER BRAD2

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Blog LOG

"SORRY, Gloria Gaynor. There's a new sheriff in town, and her name is Beyonce. If you're not sick of that ['Single Ladies'] song yet, people, I've got bad news. You're going to be hearing it for the next 20 years at wedding receptions."

LUMPYHEAD.BLOGSPOT.COM REALIZED AFTER ATTENDING A WEDDING RECEPTION THAT "I WILL SURVIVE" IS NO LONGER THE AVAILABLE WOMEN'S ANTHEM.



HELAYNE SEIDMAN/FTWP



"I ALWAYS FOUND Gourmet rather stodgy, but it's a genuine piece of American culinary history. It's a shame that we will lose it."

TEENAGECHOWHOUND.BLOGSPOT.COM WAS SADDENED BY THE SHUTTERING OF GOURMET MAGAZINE BY PUBLISHER CONDE NAST. MODERN BRIDE AND ELEGANT BRIDE WERE ALSO CLOSED.



"Fans of cowboy-hatted angry scarecrows doing radio shows on TV had reason to rejoice [Monday] morning. I'm not among those fans."

JAMES PONIEWOZIK AT TUNEDIN.BLOGS.TIME.COM WAS INTRIGUED BY DON IMUS' RANT ABOUT TV HOST GLENN BECK — WHO IMUS CALLED A "NUT" LAST WEEK. IMUS' SHOW DEBUTED ON FOX BUSINESS NETWORK MONDAY.



"Lindsay, it's time to get serious about reviving the acting career. After just one season, one show, Mounir Moufarrige's 'Lindsay-plus-one' experiment is off to a troubled start."

WWD.COM THINKS LINDSAY LOHAN SHOULD GO BACK TO HOLLYWOOD AFTER HER FIRST RUNWAY SHOW AS AN ARTISTIC ADVISER FOR MOUFARRIGE'S HAUTE COUTURE FASHION HOUSE, EMANUEL UNGARO, GOT TERRIBLE REVIEWS.

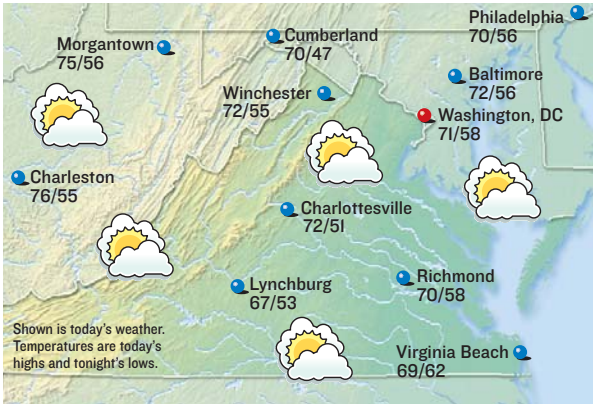
"EVERY TIME I poke fun [at] people who by their own blinding stupidity, maim or kill themselves, I get hate mail from their family members. I'm not saying they weren't wonderful people ... just that they were wonderful, stupid people."

THE RIGHTRANT.BLOGSPOT.COM HAS LITTLE SYMPATHY FOR A PENNSYLVANIA WOMAN WHO WAS KILLED BY HER PET BLACK BEAR SUNDAY.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Mostly cloudy	Morning rain	Sunny	Partly sunny	Mostly cloudy
71°	58°	72° / 51°	72° / 55°	74° / 60°	73° / 50°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.	
Temperature	
High	70°
Low	54°
Normal high	72°
Normal low	54°
Average humidity	43%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.02"
Normal month to date	0.57"
Year to date	29.99"
Last year to date	40.00"
Normal year to date	30.62"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

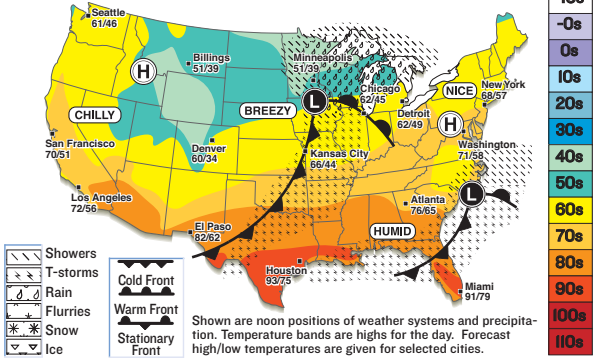
D.C. Metro: Today, partly sunny. High 71. Wind south 6-12 mph. Tonight, mostly cloudy, some rain late. Low 58. Wind south 6-12 mph.

Sun and Moon

Sunrise today	7:09 a.m.
Sunset tonight	6:43 p.m.
Moonrise today	7:46 p.m.
Moonset today	9:45 a.m.



National Weather for Tuesday, October 6



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	76/65/pc	73/54/t
Boston	65/54/s	66/51/r
Chicago	62/45/r	60/45/s
Dallas	80/61/t	75/71/t
Denver	60/34/s	71/38/s
Honolulu	86/75/pc	87/76/s
Los Angeles	72/56/s	72/56/pc
Miami	91/79/s	92/80/t
New York City	68/57/s	70/55/s
Orlando	89/75/t	91/73/t
Seattle	61/46/s	63/45/s

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	65/54/pc	67/54/r
Athens	81/63/s	79/61/s
Berlin	63/52/s	70/55/c
Buenos Aires	64/39/pc	61/43/s
Calgary	58/27/pc	36/13/sf
Dublin	61/45/r	57/43/pc
Geneva	72/57/sh	75/56/pc
Moscow	45/34/c	48/43/pc
Rome	75/59/s	77/57/s
Sydney	68/54/sh	66/52/sh
Tokyo	66/61/r	66/63/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

lookout people



ORDERS

‘Would You Like a Reverse Mullet With That?’

KATE GOSSELIN, appearing on the “Today” show Monday, told Meredith Vieira that her estranged husband, Jon Gosselin, had left her no money in their shared bank account to pay the family’s bills. “He took \$230,000 of the \$231,000, and I have a stack of bills in my purse that I can’t drop in the mail,” she said. Later on Monday, she told “The View”: “I do know that no matter what, I know within myself that if I have to work at McDonald’s, I will do what it takes to provide for my kids, period.” (EXPRESS)

TALENT
Couple to Merge
Award Collections

PENELOPE CRUZ and Javier Bardem, who have been dating since 2007, are engaged, the New York Daily News reported. “They tried to keep it very private and quiet,” a source told USmagazine.com. Cruz’s representative had no



Penelope is rumored to be engaged.

comment. The pair met on the set of the film “Jamon, Jamon” in 1992. (EXPRESS)

expressnightout

Find the latest celebrity news and photo evidence of stars’ sordid lives at WWW.EXPRESSNIGHTOUT.COM.



COURTS
Incriminating
Videotape
Screened
For Travolta
Trial Jurors

A jury on Monday watched a hidden-camera videotape of negotiations between a lawyer for **JOHN TRAVOLTA** and a former Bahamas senator accused of trying to blackmail the star. The tape shows politician Pleasant Bridgewater telling Travolta’s lawyer that a paramedic

who treated the actor’s son wants at least \$20 million as payment to not release a private document related to the death of Travolta’s son, Jett. Prosecutors say the two defendants agreed to accept \$10 million in installments over a four-year period before they were arrested. Bridgewater and ambulance driver Tarino Lightbourne have pleaded not guilty to extortion. (AP)

MONEY
Someone’s Accountant Is
Being Fired as We Write

METHOD MAN has been arrested in New York City on felony charges for failing to pay his taxes. The rapper turned himself in Monday. Authorities say he failed to pay nearly \$33,000 in taxes from 2004 to 2007. He is being charged with repeated failure to file a return and failure to pay taxes, and could face up to four years in prison. (AP)



Method Man mulls what went wrong.

POSTHUMOUS
DJ AM’s Drug Show to Air

DJ AM’s MTV series on drug addiction, “Gone Too Far,” will begin airing this month, People.com reported. DJ AM, aka Adam Goldstein, died in August of an accidental drug overdose. His family said in a statement: “The decision to air the show has been difficult, but we do this with the profound belief that it will inspire others to seek help.” (EXPRESS)



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puzzles lookout

CROSSWORD | HEAD COUNT

ACROSS

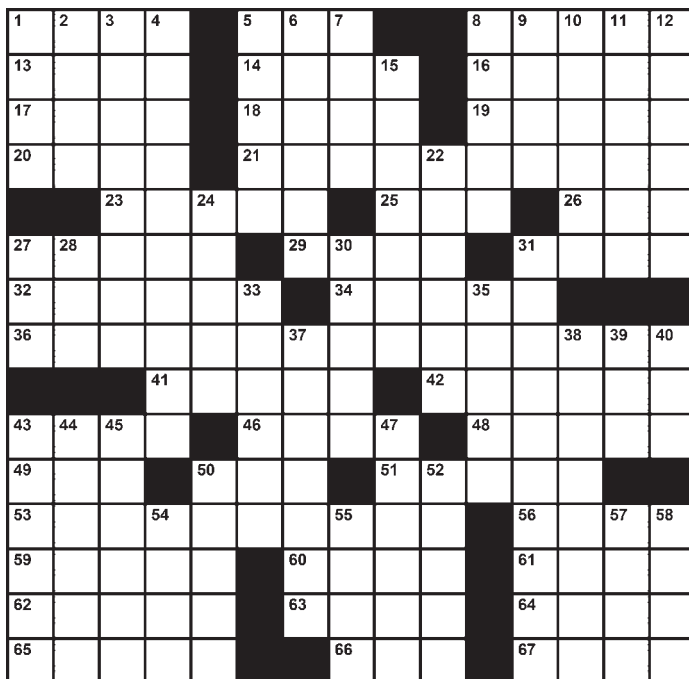
1 Hot-roller evidence
5 ____ out (barely make)
8 Muslim teachers
13 Decorative toiletry case
14 Bryn ____ (Pennsylvania college)
16 Got the pilot light working again
17 Genie's home
18 Canadian tribe
19 Common sprain site
20 "____ Old House"
21 Natural disaster
23 Big Apple NL player
25 "Bali ____" ("South Pacific" song)
26 Wasn't a follower
27 Steinway product
29 Abu Dhabi dignity
31 Auction entries
32 Sacred places
34 Words often separated by a slash
36 Place for an extra 41
41 "Dallas" matriarch Miss ____
42 Applies with a needle and thread
43 Deck component
46 Language of Pakistan
48 Second-largest lake in Europe
49 Arson aftermath
50 Communication for the hearing-impaired (Abbr.)

DOWN

51 Negative response to a sergeant
53 Prized South American rodent
56 "Benz" and "butyl" enders
59 Sword sharpener
60 Tidy
61 "... and hold the ____" (deli order)
62 Irregular, as leaf edges
63 To ____ his own
64 "... ____ a man with seven wives"
65 Classroom anxiety producers
66 "For ____ a jolly good fellow ..."
67 Gen-____ (post-boom babies)

DOWN

1 Irishman or Welshman, e.g.
2 Salt Lake state
3 Cud-chewing mammal
4 Performed like Milli Vanilli
5 Awards night host
6 Activity with chops and kicks
7 Bedside water pitcher
8 Baghdad citizen
9 Cafeteria list
10 Acid neutralizer
11 Did a farm chore
12 Knights' chargers
15 Consider again
22 Gogol has two
24 Expedia suggestion
27 Abbreviation on



EDITED BY TIMOTHY E. PARKER

tires in Greece?

28 Bond author

Fleming

30 Used a self-

defense spray

31 Betty Crocker

product

33 Visibly

embarrassed

35 Three-part

cookies

37 American or Delta

38 Web site ID

39 December drink

40 Forensic material

43 Seal of approval

44 No longer asea

45 Large-horned

mammals

47 Break a tie?

50 "Green ____"

(classic TV show)

52 Boy Scouts

take them

54 Avian abode

55 Jacob's first

wife in Genesis

57 Once-over

giver

58 Bar denizens

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

6	9	1	8	4	2	3	7	5
7	4	8	1	3	5	2	9	6
5	2	3	6	9	7	4	8	1
9	7	6	4	2	8	1	5	3
3	1	4	9	5	6	7	2	8
2	8	5	7	1	3	9	6	4
8	3	9	5	7	1	6	4	2
1	5	7	2	6	4	8	3	9
4	6	2	3	8	9	5	1	7

7	6				4		2
		3			1		
			4	2	9		
	2		8	9	6		7
		6		3	1	4	2
			7	4	3		
		2				9	
8		1			6		7

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